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Sports Nutrition

General Overview (publications in order by year)

Erogogenics: Enhancement of Sport Performance. D. Lamb and M. Williams (eds.)
Indianapolis, IN: Benchmark. 1991. (in press).

Nutrition in Exercise and Sport. J.F. Hickson and I. Wolinsky. (eds.). Boca Raton, FL:
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The Theory and Practice of Athletic Nutrition: Bridging the Gap. Report of the Ross
Symposium. A.C. Grandjean and J Storlie (eds.). Columbus, OH: Ross Laboratories.
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Nutrition and Energy Metabolism*, pp. 116-131. E.S. Horton and R.L. Terjung (eds.).
New York, NY: Macmillan. 1988.

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"Position of the American Dietetic Association: nutrition for physical fitness and athletic
performance for adults." *The Journal of the American Dietetic Association*,
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Nutritional Aspects of Human Physical and Athletic Performance. 2nd edition. Melvin H.
Williams. Springfield, IL: Thomas Publisher. 1985. 553 pp.

The resources listed are judged to be accurate, readable, and available. Opinions expressed
in the publications do not necessarily reflect the views of the U.S. Department of
Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three
editions: Consumer, Educator, and Health Professional/Researcher.

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- "Nutritional effects on work performance." E. Hultman. *The American Journal of Clinical Nutrition*, 49(5):949-957. May 1989.
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- "Gastric emptying influence of prolonged exercise and carbohydrate concentration." J.B. Mitchell, et al. *Medicine and Science in Sports and Exercise*, 21(3):269-274. June 1989.
- "Glucose homeostasis during and after exercise." O. Bjorkman and J. Wahren. In: *Exercise, Nutrition and Energy Metabolism*, pp. 100-115. E.S. Horton and R.L. Terjung (eds.). New York, NY: Macmillan. 1988.
- "Carbohydrate-electrolyte drinks: effects on endurance cycling in the heat." J.M. Davis, et al. *American Journal of Clinical Nutrition*, 48:1023-1030. 1988.
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- "Effect of glucose polymer diet supplement on responses to prolonged successive swimming, cycling and running." M.L. Millard-Stafford, K.J. Cureton and C.A. Ray. *European Journal of Applied Physiology and Occupational Physiology*, 58(3):327-333. December 1988.
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- “Improvements in exercise performance: effects of carbohydrate feedings and diet.” P.D. Neuffer et al. *Journal of Applied Physiology*, 62(3):983-988. March 1987.
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- “Activation of glucose transport in muscle by exercise.” J.O. Holloszy, S.H. Constance and D.A. Young. *Diabetes/Metabolism Reviews*, 1(4):409-423. 1986.

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- “Effect of chronic endurance exercise on retention of dietary intake.” J.E. Friedman and P.W. Lemon. *International Journal of Sports Medicine*, 10:118-123. 1989.
- “Protein and energy metabolism during prolonged exercise in trained athletes.” T.P. Stein et al. *International Journal of Sports Medicine*, 10:311-316. 1989.
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- “Does exercise stimulate protein breakdown in humans? Isotopic approaches to the problem.” Robert Wolfe. *Medicine and Science in Sports and Exercise*, 19(5):S172-S178. October 1987.
- “Maximizing performance with nutrition: protein and exercise update.” P.W.R. Lemon. *Medicine and Science in Sports and Exercise*, 19(5):S179-S190. October 1987.
- “Protein degradation during endurance exercise and recovery.” G.L. Dohm, E.B. Tapscott and G.J. Kasperek. *Medicine and Science in Sports and Exercise*, 19(5):S166-S171. October 1987.
- “Whole body protein utilization in humans.” Gail Butterfield. *Medicine and Science in Sports and Exercise*, 19(5):S157-S165. October 1987.
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“Lipid metabolism during exercise: influence of training.” Ronald L. Terjung and Hanna Kaciuba-Usciko. *Diabetes/Metabolism Reviews*, 2(1):35-51. 1986.

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“Iron, zinc and magnesium nutrition and athletic performance.” R. McDonald and C. Keen. *Sports Medicine*, 5:171-184. 1988.

“Vitamin and mineral supplementation: effect on the running performance of trained athletes.” L.M. Weight, K.H. Myburgh and T.D. Noakes. *American Journal of Clinical Nutrition*, 47:192-195. 1988.

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“Strenuous running: acute effects on chromium, copper, zinc and selected clinical variables in urine and serum of male runners.” Richard A. Anderson, Marilyn M. Polansky and Noella A. Bryden. *Biological Trace Element Research*, 6:327-336. 1984.

Nutrition Knowledge, Nutritional Status and Dietary Intakes of Athletes (publications in order by year)

- “Nutrition knowledge and dietary practices of college coaches.” Gail Colrey, Mary Dmearest-Litchford and Terry Bazzarre. *The Journal of the American Dietetic Association*, 90(5):705-709. May 1990.
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- “Dietary status of trained female cyclists.” R. E. Keith et al. *The American Journal of Clinical Nutrition*, 89(11):1620-1623. November 1989.
- “Macronutrient intake of U.S. athletes compared with the general population and recommendations made for athletes.” A.C. Grandjean. *The American Journal of Clinical Nutrition*, 49(5):1070-1076. May 1989.
- “Body composition and nutrient intakes of college men and women basketball players.” Roxanne K. Nowak. *The Journal of the American Dietetic Association*, 88(5):575-578. May 1988.
- “Physical fitness, anthropometric and metabolic parameters in vegetarian athletes.” N. Hanne, R. Dlin, and A. Rotstein. *Journal of Sports Medicine and Physical Fitness*, 26(2):180-185. June 1986.

Energy Expenditure (publications in order by year)

- “Energy balance in ultramarathon running.” G.P. Rontoyannis, T. Skoulis, and K.N. Pavlou. *The American Journal of Clinical Nutrition*, 49(5):976-979. May 1989.
- “Relationship of genetics, age, and physical fitness to daily energy expenditure and fuel utilization.” Eric Rovussen and Clifton Bogardus. *The American Journal of Clinical Nutrition*, 49(5):968-975. May 1989.
- “Sex difference in the regulation of energy balance with exercise.” P.A. Bjorntorp. *The American Journal of Clinical Nutrition*, 49(5):958-961. May 1989.
- “The impact of food intake and exercise on energy expenditure.” Eric Poehlman and E.S. Horton. *Nutrition Reviews*, 47(5):129-137. 1989.

Athletic Groups with Special Nutritional Concerns (publications in order by year)

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- “Exercise and nutrition in the elderly.” William Evans and Carol N. Meredith. In: *Nutrition, Aging and the Elderly*, pp. 89-125. Hamish Munro and Darla Danford (eds.). New York, NY: Plenum Publishing Corporation. 1989.
- “Nutrition and fitness in elderly people.” D. Rudman. *The American Journal of Clinical Nutrition*, 49(5):1090-1098. May 1989.
- “Nutritional problems and measures in elite and amateur athletes.” D. Rundman. *The American Journal of Clinical Nutrition*, 49(5):1084-1089. May 1989.

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National Contacts

- American College of Sports Medicine, P.O. Box 1440, Indianapolis, IN 46206.
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- International Center for Sports Nutrition, 502 South 44th Street, Suite 3012, Omaha, NE 68105. (402) 559-5505.
- Melpomene Institute, 316 University Ave, St. Paul, MN 55104. (612) 646-2252.
- National Institute of Health Information Clearinghouse, 1900 Rockville, Bethesda, MD 20205. (301) 496-4000.
- Sports Nutrition, Education and Research, Ross Laboratories, 625 Cleveland Ave, Columbus, OH 43216.
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